

# Senior Center SNAPS



## the SENIOR PIPELINE

JULY  
2017

Get Active and Get Involved!

*Check out the  
calendar for new  
events and programs!*

Spud & a Show  
Strengthen Your Mind

What's for Lunch?

Sock Hop

Summer Fun with Your Grandkids

Frozen Fridays



### Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.

Thursday 7 a.m. - 9 p.m.

Friday 7 a.m. - 7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

[www.hursttx.gov/hsac](http://www.hursttx.gov/hsac)

Get Connected with



Visit Randy Foster's blog at: <http://hurstseniors.blogspot.com/>

Cecil Kearney's Hurst Senior Center blogs at:

<http://hursttech.blogspot.com/> ; <http://hsc-pix.blogspot.com> ; <http://hurstfood.blogspot.com>





# SENIOR PIPELINE TIDINGS

MEMBERSHIP at the Senior Center is required and is open to Adults age 55 & over.

- Hurst Residents**     \$20 per year  
                                 \$ 5 day pass
- Non-Residents**     \$80 per year  
                                 \$10 day pass
- As a member of a Medicare Advantage or Medicare Supplement plan, you may be eligible for a no-cost or low-cost membership through the Silver & Fit or Silver Sneakers program. Contact your insurance provider or ask a Front Desk Attendant for more information.
- In order to receive the Hurst resident rate please bring your Hurst water bill, Hurst property tax statement or Hurst apartment lease and your photo ID as proof of residency.

## Senior Center Advisory Board

Marcy Davis - Chairman  
Gerald Grieser - Vice Chair

Doris Young	Joan Stinnett
Bob Hampton	Barbara Albright
John Sechrist	Durwood Foote
John Smith	Marie Perry

## Senior Center Staff

Linda Rea	Director
Michelle Varley	Activities Supervisor
Laura Gore	Administrative Asst.
Linda Provence	Asst. Activ. Coordinator
Debbie Broseh	Front Desk Attendant
Diana Conway	Front Desk Attendant
Tammy McDonald	Front Desk Attendant
Roxanna Serrano	Front Desk Attendant
Gayle Stevens	Front Desk Attendant

By: Maurine LeCocq, HSAC Journalist

Summer is here! Are you planning a vacation this summer?

Some of us have reached that point in life where vacations are less desirable than they used to be. Maybe it’s no longer an option? Ah, but we do have the memories, maybe pictures, even movies. We can relive those vacations we’ve had and come up with at least one vacation that stands out, maybe more.

How does one choose a favorite vacation when one has had so many exciting, educational, and fun vacations over 56 years of married life together. For me and Andy that’s a real challenge. Speaking for myself, I found my one place that I can *always* return to. . .in my mind.

We had a picnic lunch on a huge boulder in the middle of the Rhone River in Switzerland. The sun was out so it was a warm day. The river was gently flowing around and past this boulder, creating a soothing lullaby. The wind, rustling through the leaves in the trees in the area created its own accompaniment to the peaceful environment. Andy and our friend left me to sit quietly and absorb the tranquility of that location into my being while they took a short hike. What a gift they gave me. I can always go to my special place on that boulder in the Rhone River in Switzerland, whenever I want to, even though I am physically here in Hurst, Texas. It wasn’t dramatic or exciting like other experiences we’ve had on vacations over the years; but for me, that time was and always will remain my favorite vacation memory.

What is your favorite vacation memory?

# OPEN ACTIVITIES

## Games

**“42” (Game Room)**  
Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

**Acey Ducey/Backgammon**  
Wednesdays (CRC) 1:00 pm - 4:00 pm

**Billiard’s Room**  
*Open Daily*  
See calendar for organized games

**Chicken Foot**  
Tue. & Fri. 1:00 (CRC) pm - 3:00 pm

**Duplicate Bridge (Game Room)**  
Tue. & Thur. 12:30 pm - 4:00 pm

**Cards—Variety**  
Fridays (CRA) 1:00 pm - 6:45 pm

**Canasta**  
Tuesdays Hand & Foot (CRA) 10:00am-4:00  
Tuesdays (MPN) 2:00 pm - 5:00 pm  
Wednesdays Samba (CRC) 10 am - 1:00 pm  
Thursdays (Class Room C) 2:00 pm - 5:00 pm

**Marbles & Jokers (Lessons Available)**  
Thursdays (CRC) 10:00 am - 12:00 pm

**Mah Jongg (Lessons Available)**  
Monday (Class Room C) 2:00 pm - 4:00 pm  
Wednesday (Game Room) 10:00 am - 12:00 pm

**Mexican Train**  
Mondays (CRA) 1:00 pm - 3:00 pm

**Ping Pong (Class Room A)**  
Wed. & Fri. 9:00 am - 12:00 pm

**Party Bridge (Game Room)**  
Tue. & Thur. 9:00 am - 12:00 pm  
Fridays 10:00 am - 12:00 pm

**Pinochle**  
Mondays (Class Room A) 8:00 am - 12:00 pm  
Wednesdays (MPN) 8:00 am - 12:00 pm

**Rummikub (CRC)**  
Wednesday & Thursday 1:00 pm - 3:00 pm

**Scrabble**  
Wednesdays (CRC) 1:00 pm - 3:00 pm

## Health & Exercise

**Walking Group (14 laps make a mile!)**

**Work Out on Your Own**  
**With one of our available**  
**Exercise DVD’s**  
(See the front desk for room and video access.)

**Choose From:**  
Qigong  
Richard Simmons - Disco Sweat  
Richard Simmons - Silver Foxes  
Richard Simmons - Sweatin’ to the Oldies  
Tai Chi for Beginners  
Texercise  
Walk Away the Pounds  
Yoga for Beginners

## Arts, Crafts & Misc.

**Art Addicts**  
(Class Room B)  
Mondays 9:00 am - 11:00 am  
Thursdays 6:00 pm - 8:45 pm  
Fridays 10:00 am - 3:00 pm

**Coupon Clique**  
(Cafe)  
Tue. & Thur. 9:00 am - 12:00 pm

**Knot-a-Lot**  
(Studio B)  
Wednesdays 1:00 pm - 4:00 pm

**Quilting**  
(Studio B)  
Mon. & Tues. & Wed. 1:00 pm - 5:00 pm  
Fridays 9:00 am - 1:00 pm

**Wii Play**  
(Studio A)  
Monday & Wednesday 4:00 pm - 6:00 pm

# SOCIAL PROGRAMS

**MONTHLY DANCES** All Seniors 55+ are Welcome! Join us on the 2nd and 4th Thursday nights of the month, 7:00 pm - 9:15 pm for a great night out! Come to dance the night away or just listen to some fabulous music! Dances are only **\$5 per person** payable at the door and open to Seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out! Bands are **July 13 "Now and Then"** and **July 27 "Pete 'n Patti"** sponsored by Heritage Village Residences.

**POTLUCK BINGO (95002 5/75/MP)** Thursday, July 6, 6:00 pm. Bring a side dish or dessert to share. The Senior Center provides the main entrée (Hot Dogs), drinks and prizes. Please sign up in advance. **FREE!**

**MOVIES & MUNCHIES: "JACKIE" (95001 5/75/MPN)** Friday, July 7, 1:00 pm. Join us as we offer a movie with "munchies" - including popcorn, drinks, and a snack for only **\$3 per person**. Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children, and define her husband's historic legacy. Starring Natalie Portman. Please sign up in advance. Rated R.

**HAPPY HATTER'S MEETING (95040 1/75/offsite)** Friday, July 14, 9:00 am Reva Willes is our hostess for McFarland House & Thistle Hill Tours. Please join this fun loving group of ladies on a Victorian architecture tour. We will have a short meeting, then car pool to Ft. Worth for our tour of McFarland House at 10:00; Thistle Hill at 11:00. Cost for both tours is \$12 each person. We will have lunch at Thistle Hill. Please wear your red hat, purple attire and name badge! \$2 "Hatters' Fund" donation appreciated. Please sign up at the front desk so we know you're coming!

**BIRTHDAY PARTY (95006 6/75/MPN)** Wednesday, July 12, 2:00 pm Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center Members. If it's your birthday month, we won't know if you don't sign up! Please sign up. Sponsored by Lexington Place Nursing and Rehabilitation. **FREE!**

**BREAKFAST CLUB (95015 10/50/MPN)** Thursday, July 13, 8:30 am Wake up and get up to the Senior Center for a hearty breakfast of sausage gravy and biscuits, juice, and coffee. Fruit sponsor: Compassionate Care Hospice. **\$3 per person.**

**BINGO IN THE AFTERNOON (95058 5/75/MP)** Wednesday, July 19, 2:00 pm Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Sponsored by Forum Parkway. **FREE!**

**WHAT'S FOR LUNCH? (95096 6/100/MPN)** Thursday, July 27, 11:30 am Once a month, senior center members Carol & Kreigh Valkenaar prepare a hearty meal for you to enjoy. Seating is limited. You are encouraged to sign up early! Cost is only **\$3 per person**. This month's main menu item is "Cheddar Chicken and Stuffing. The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood Assisted Living.

# SPECIAL EVENTS



**FROZEN FRIDAYS ALL MONTH! (95023G 5/150/MP)** Fridays, 3:00 pm. *"I scream, you scream, we all scream for ice cream"* It's time again for this annual summer favorite event! Area businesses will provide a frozen ice cream treat each Friday at 3:00 pm. Be sure to sign up! **FREE!**

**SOCIAL BALLROOM DANCE LESSONS FOR BEGINNERS (92056G 5/50/MP)** Fridays, 11:00 am - 12:00 pm We are so excited to bring this dance opportunity to the Hurst Senior Activities Center. Mark & Susan O'Brien are seasoned dancers and instructors. They have performed throughout the Metroplex, the Texas State Fair, Oklahoma Follies and other venues. They will be bringing this special 8 week class series to the HSAC. Lessons are free of charge, but you must be a member of the Senior Center in order to participate. Classes begin **May 12 and continue through July 28. FREE!**

**STRENGTHEN YOUR MIND (94051G 1/30/SA)** Tuesdays, July 11, 18, & 25, 10:30 am We think about physical exercise and keeping our bodies fit, but what about our brains? Come to this series of classes and learn techniques to help improve memory, focus and overall brain health. Sponsored by: Encore Memory Care Day Center, **FREE!**

**HEALTH TALK: "HEALTH LITERACY" (94056G 1/25/SA)** Wednesday, July 12, 1:00 pm Come learn how to prepare for and maximize your doctor's visit. Presenter will share stories and examples of real life experiences. You will receive tips on how to talk with your doctor and pharmacist. Sponsored by: Humana. **FREE!**

**SPUD 'N A SHOW (95033G 5/100/MP)** Thursday, July 20, 5:30 pm. **"Singin' in the Rain"** (1952) is one of the best musicals of all times. It's right up there with the best of them thanks to the vision of Gene Kelly, and it will live forever! It's rated PG and starring Gene Kelly, Debbie Reynolds and Donald O'Connor. Get out of the house tonight and enjoy a complimentary potato bar sponsored by Heritage Village Residences. Sign up so we can plan accordingly. **FREE!**



**SOCK HOP!** Thursday, July 27, 7:00 pm. Invite your friends and "Shake, Rattle and Roll" to the Senior Center for a fun, nostalgic night of old rock 'n roll dancing or listening! You're encouraged to dress in 50's and 60's style if you want to. We will have a Twist and Hula Hoop contest! Pete and Patti will play your favorite oldies ! Anyone 55 and over is welcome to attend; you don't have to be a member. **\$5 per person.**

**SUMMER FUN WITH YOUR GRANDKIDS (5/50/MP)** Friday, July 28, 12:30 pm - 2:30 pm Bring your grandkids to the Senior Center for an afternoon of fun and activities! Enjoy lunch, crafts, games, photo opportunities and a make your own sundae bar! Sign up for each activity separately so you can pick and choose.

- **12:30 - 1:00 pm** Pizza & Soda **\$2 per person (95102G 5/50/MPN)**
- **1:00 - 2:00 pm** Photo opportunities, Games, and Crafts. **\$2 per child (95103G 5/50/ MPS)**
- **2:00 - 2:30 pm** Make Your Own Sundae! **FREE! (95104G 5/75/MPN)**



# COMPUTER RESOURCE CENTER



## Computer Resource Center

The Computer Resource Center is FREE and always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. Please be sure that you sign up for the class if you plan to attend. Should you need to use a computer while a class is going on, we kindly ask that you use a machine at the back of the room.

## Thank You!

- Artisan Theater
- Best Donuts
- Brown & Freeman
- BusyB's Bakery
- Compassionate Care Hospice
- Custom Fit Insurance, Mike Smith
- Donut Plaza
- Edward Jones, Adam Davenport
- Encore Memory Care Day Center
- F3E Foundation Financial Educ.
- First Hurst Donut
- Forum Parkway
- Golden Outlook
- Heritage Village Residences
- Humana
- Lexington Place
- Meadowood at the Vineyards
- Mid-Cities Pharmacy
- Nations Insurance
- Mark & Susan O'Brien
- Reliant Rehab
- Richland Hills Rehabilitation
- Right At Home
- Smile Donuts
- Kreigh & Carol Valkenaar
- What's Poppin Tx

**Get Your Pics (lobby) Tuesdays, July 11 & July 25, 2:00 pm** Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**

**iPad and iPhone** *Instructor, Fannette Welton, is taking a much deserved summer break. The iPad and iPhone class will resume in September.*

**Windows 10 (93004 1/16/Comp) Tuesdays, 10:00 am - 11:00 am** Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. Instructor: Cecil Kearney **FREE!**

- Week 1– Do what you did before Wind 10
- Week 2– New and fun stuff on the tiles
- Week 3– More to do on the Start Screen
- Week 4– Fun with new search program

**Facebook for Desktop Computers (93041 1/16/Comp) Wednesday, July 26, 11:00 am - 12:00 pm** Learn the basics on how to use Facebook for your desktop computer. Learn how to add friends, block others, post status updates, and protect your privacy. No tablets, iPads, or cell phones please. Instructor: Tammy McDonald. Sign up so we know to expect you. **FREE!**

**Computer Club (93035 1/16/Comp) Mondays, July 10 & July 24, 1:00 pm - 2:30 pm** Join this informal class with a relaxed atmosphere where questions are encouraged. Learn new skills without fear; expand on what you already know; socialize with peers who share your interest in technology; and share your skills and knowledge with others. Instructor: Dave Thompson. **FREE!**

# CREATIVE ARTS



**Caring Covers** Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

**"Knot-a-Lot" (Open 1/25/SB) Wednesdays, 2:00 pm - 4:00 pm** Bring your own supplies and projects and work on your "knotted" creations. Crochet, knitting, embroidery, or any other craft that involves a "knot" is welcome to join and "knot" among friends. Yarn donations are always needed for the Caring Covers that the "knotters" make. Donations can be left at the front desk. **FREE!**

**Bead Mania I (91048 1/8/CRB) Tuesday, July 11, 2:30 pm.** Create a Domino/games piece using alcohol inks and stickers on a beaded necklace. Instructor: Diana Conway. Class Fee \$5; Supply Fee \$12.

**Bead Mania II (91056 1/8/SA) Tuesday, July 25, 2:30 pm.** Create a unique "one of a kind" glass fusion piece bracelet. Instructor: Diana Conway. Class Fee \$5; Supply Fee \$12.

## Display Case

Please bring your Foreign Currency and/or Unusual Stamps for others to enjoy for the month of July. Items need to be clearly labeled with your name. Please bring items to front desk July 1st and need to be picked up by July 28.



**Ceramics (91001 1/25/SA) Tuesdays & Thursdays, 1:00 pm - 5:00 pm.** Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

**Wine Bottles (91054 1/25/SA) Tuesdays & Thursdays, 1:00 pm - 5:00 pm.** Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

**Glass Fusion - Open (91092 1/10/SA) Friday, July 14, 1:00 pm** Use your own materials. Participants are required to have taken the Glass Fusion Lessons class at least once. Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month. \$5 monthly fee.

**Empty Bowls 2018** Love to paint, but don't know what to do with it when its done? Design a bowl to keep or to be donated to the Tarrant Area Foodbank's Empty Soup Bowls 2018. Instructor: Diana Conway. \$5 per bowl.

- **Thursday, July 13, 9:30 am - 12:30 pm (91003 1/15/SA)**
- **Tuesday, July 25, 9:30 am - 12:30 pm (91007 1/15/SA)**

**Coloring Therapy (91018 1/25/SB) Thursday, July 20, 10:00 am - 12:00 pm** Coloring books are no longer just for kids. In fact, adult coloring books are all the rage. Research has shown coloring has therapeutic potential to reduce anxiety, create focus and bring about mindfulness. All supplies are provided. Marie Veneralle, Golden Outlook Insurance. **FREE!**

# CREATIVE ARTS

**Art Addicts** Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest? Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent.

- **Mondays, 9:00 am - 11:00 am (91002 <sup>1/16/CRB</sup>)**
- **Thursdays, 6:00 pm - 8:45 pm (91004 <sup>1/16/CRB</sup>)**
- **Fridays, 10:00 am - 3:00 pm (91005 <sup>1/16/CRB</sup>)**

**Multi-Media Painting** Classes on the use of watercolor, pastels, acrylic, and oil painting. Choose your medium! Instructor: Victoria Pedersen. \$40/mo.

- **Mondays, 12:15 pm - 4:00 pm (91101 <sup>1/16/CRB</sup>)**
- **Thursdays, 1:00-5:00 pm (91027 <sup>1/16/CRB</sup>)**

**You Can Paint with Oils (91074 <sup>6/15/SA</sup>)**  
**Friday, July 21, 9:30 am - 12:30 pm**  
Painting title: "Into the Dreamy Woods in Watercolor" Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Learn basics of color mixing, brush strokes and perspective. All supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Instructor fee \$15; Supply fee \$18..

**Floral Arranging (91050 <sup>1/8/SA</sup>)** **Tuesday, July 18, 2:30 pm.** Learn to make a beautiful Stars 'n Stripes Bandana Wreath for the summer. Instructor: Diana Conway. Class Fee \$5; Supply fee \$15.

**Quilter's Choice (91024 <sup>1/12/SB</sup>)** **Mondays 10:00 am—1:00 pm** This month we will do the "Checkered Dresden Pattern". See instructor for project details. Instructor: Jan Cook. \$25/mo.

**Quilter's Lab (91078 <sup>1/12/SB</sup>)** **Tuesdays 10:00 am—1:00 pm** Instructor assistance with your project. Instr: Jan Cook. \$25/mo.

**Beginner Quilt Making (91047 <sup>1/6/SB</sup>)**  
**Wednesdays 10:00 am—1:00 pm** Come learn all the basics of quilting. Small project finished in a month! Instructor: Jan Cook. \$25 monthly fee.

**Writing Group (94064 <sup>1/15/CRB</sup>)**  
**Thursdays, 10:00 am - 12:00 pm** Join this comfortable, yet professional group for getting your writing ready for publication. Writing includes poetry, short stories, novels, memoirs, essays, speeches, documentation and other written material. Bring pen, pencil, paper, eraser and imagination! Instructor: Victoria Pedersen \$15 month.

**Jewelry Repair (91026 <sup>1/8/SA</sup>)** **Monday, July 24, 12:30 pm - 2:00 pm** Bring your broken costume jewelry to be repaired. Replace broken clasps, restring beads, and other minor repairs done. **\$5 repair fee** for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs. Instructor: Diana Conway.

**HSAC Crafting (91094 <sup>1/25/SA</sup>)**  
**Wednesdays, 10:00 am—12:00 pm. On 11/19 class will meet at 11:30 am - 1:30 pm.** Join Diana as she begins work on creating fun and easy items to be sold at the 2017 Craft & Holiday Market. Items are made from donated materials, proceeds benefit our Senior Center. Supplies are provided. **FREE!**

**Glass Fusion Lessons (91073 <sup>1/10/CRB</sup>)**  
**Wednesday, July 26, 9:30 am.** Learn to cut glass and more as you create a pendant for a necklace. 2 piece limit per class, \$5 per additional piece. Supplies provided. Instructor: Diana Conway. Class fee \$15.

# FUN & GAMES & GROUPS

**Billards' Corner** Please sign up to play in these organized games:

- **Ladies Powder Puff Pool (95079 <sup>8/12/BIL</sup>) 1st Wednesday each month, 2:00 - 4:00 pm** Ladies only. No experience needed. **FREE!**
- **8-Ball Tournament/Singles (95078 <sup>8/24/BIL</sup>) Friday, July 14, 11am-4pm \$3/pp.**
- **Partners Pool (95086 <sup>7/14/Bil</sup>) Wednesday, July 19, 11:00 am.** Partners to be determined. **FREE!**
- **9-Ball Singles Tournament (95029 <sup>8/24/BIL</sup>) Friday, July 28, 11am-4pm. \$3/pp.**

## Texas Hold'em Tournaments

- **Tuesday, July 11, 10:00 am - 12:00 pm(94012 <sup>1/40/MPN</sup>)** No frills. Just playing for fun and practice.
- **Wednesday, July 26, 2:00 - 4:00 (95007 <sup>1/40/MPN</sup>)** Put your best poker face on and join us! Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Winners are recorded for the Play Off Game at the end of the year. Spons: Mike Smith, Custom Fit Insurance.

**Spanish Club (94004 <sup>1/20/CRB</sup>)**  
**Wednesdays, 11:00 am** Hola! Cómo estás? Come join this group to learn and practice Spanish. This is not a structured class, but consists of people with some experience in the language and a desire to increase their vocabulary usage. Facilitator: Victoria Pederson. All are welcome! Sign up! **FREE!**

**Aircraft & Helicopter Science Group (95031 <sup>1/16/CRB</sup>)** **Wednesday, July 5, 2:00 – 4:00 pm** Your help is needed to develop and present aviation programs in area schools and Boy Scout troops on engineering, math and vocational careers. Instructor: Bob Shultz

**Bunco (95092 <sup>5/30/MPN</sup>)** **Thursday, July 27, 3:00 pm** Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown and Freeman, LLC. **FREE!**

**Karaoke & Music (95035 <sup>5/100/MPN</sup>)** **Mondays 2:15 pm - 4:00 pm** Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. No talent required. We use a variety of media including guitars, keyboard, and karaoke. All instruments and voices are welcome! (Canceled 7/3.) **FREE!**

**Cafe Exchange (94062 <sup>1/30/SA</sup>)** **Mondays & Fridays, 10:00 am - 1:00 pm** What began as a few folks talking over coffee has developed into a group of enthusiastic and engaged individuals who enjoy sharing thoughts, ideas, stories, and conversation. All are welcome! Grab a chair, cup of coffee and join us! **FREE!**

**Newcomer's Connection (94005 <sup>1/15/Conf</sup>)**  
**Friday, July 14, 2:15 pm** Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you. Please sign up so we'll know to expect you. **FREE!**

**"42" Player Luncheon (94048 <sup>5/30/SA</sup>)**  
**Wednesday, July 12, 12:30 pm.** Each player is asked to bring a dish for the Potluck Luncheon to share . Plates, napkins, utensils, cups, and beverages will be provided. Please sign up at the front desk!

**Book Club (94078 <sup>1/20/Conf</sup>)** **Monday, July 17, 3:00 pm** This month we will discuss "The Immortal Life of Henrietta Lacks" by Rebecca Skloot. We will read "Upstairs at the White House" by J.B. West & Mary Kotz and / or a nonfiction book of your choice. Facilitator: Tammy McDonald. **FREE!**



## FITNESS/HEALTH/WELLNESS

**Fitness Room** Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you **must wear** closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

**Fitness Orientation** is offered every Monday at 1:00 pm and the 2nd & 4th Wednesday of each month at 6:00 pm. We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room.

**Personal Training** (92020; 92041; 92042) Personal trainer Rosy Pritchett is available to assist you in reaching your individual health and fitness goals. She will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. **\$35/hr.**

**Blood Pressure Checks** (Front Lobby) **1st Thursday each month, 10:00-11:00 am** Come by the front lobby and get your blood pressure checked. Sponsored by: Right At Home. **FREE!**

**Fit Start I Exercise Class** Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92063** 5/30/MPS) 5:00 pm, Instructor: Debbie Melchiorre **\$12.50/ 5 classes**
- **Tuesdays (92036** 5/30/MPS) 9:00 am, Instructor: Jerri Worl **\$7.50/3 classes**
- **Wednesdays (92062** 5/30/ MPS) 5:00 pm, Instructor: Debbie Melchiorre **\$10.00/ 4 classes**
- **Thursdays (92058** 5/30/MPS) 9:00 am, Instructor: Jerri Worl **\$10.00/ 4 classes**

**Silver & Fit Excel** (Formerly the Fit Start II class.) This class is designed for athletic older adults who are looking for a challenging workout to take them to the next level of fitness. Class will include floor and standing exercises. Please bring an exercise mat and a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month. Class fee is waived for Silver & Fit members, see front desk for details.

- **Mondays (92051** 5/30/MPS) 9:00 am, Instructor: Rosy Pritchett **\$12.50/ 5 classes**
- **Wednesdays (92050** 5/30/MPS) 9:00 am, Instructor: Rosy Pritchett **\$10.00/ 4 classes**

**Zumba Gold** Latin inspired fitness dance classes taught by certified instructors. Purchase a punch card for **\$20** for 5 sessions, which can be used as often as you like until you have taken the 5 classes. (Must be used within 3 months of date purchased). Purple card/Tuesdays. Green card/Wednesdays.

- **Mondays (92001** 5/30/MPN) 10:15 am - 11:00 am Instructor: Rosy Pritchett
- **Wednesdays (92002** 5/30/MPN) 10:15 am - 11:00 am Instructor: Kalyn Worthey

**Line Dancing** Line Dancing Lessons are a great way to get in some fun physical activity. Studies have also shown dancing to help in areas of memory, balance, cardiovascular and vertigo. You never need a partner and lessons are taught using all genres of music. Join Instructor Barbara Albright every Thursday for these **FREE** dance classes.

- **Hurst Liners Practice (92059** 5/15/MP) 2nd & 4th Thursdays, 12:30 pm - 1:00 pm
- **Beginners Line Dance (92054** 5/50/MP) Thursdays, 1:00 pm - 1:45 pm
- **Intermediate Line Dance (92055** 5/50/MP) Thursdays, 1:45 pm - 2:30 pm

## EDUCATION & SEMINARS

**Edward Jones Presents "Annuities" (94040** 1/24/Conf) **Friday, July 14, 10:00 am.** "Annuities: Who are they for? How do they work? Should you have one? What should you do with the one you have?" Come gain a better knowledge of annuities . There will be a drawing for a prize and Adam Davenport will be available for specific questions after the class. **FREE!**

**Basic Self-Defense for Seniors (95091** 1/15/MPS) **Tuesday, July 18, 10:00 am - 11:00 am** Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Instructor: David Scott who holds a Black Belt in Karate. **FREE!**

**Wills, Trusts and Probates (94088** 5/20/Conf) **Tuesday, July 18, 10:00 am - 11:00 am** What do you know about Wills, Trusts and Probates? Attorney Jason Amon will be here to explain. Sponsored by: Celia Neyra, Nations Insurance Solutions. **FREE!**

**Advanced Self-Defense for Seniors (95093** 1/20/MPS) **July 11 and 25, 10:00 am - 11:30** This class is a more intense training of the basic class. Participants must have taken the basic class first. Instructor: David Scott **FREE!**

**Fraud, Waste, & Abuse (95020** 1/30/SA) **Tuesday, July 18, 5:30 pm - 6:30 pm** We will discuss ways to identify fraud, protect us from fraud, and how to report fraud. Criminals count on us not knowing what to do. There will be handouts and discussion on why this is so important. Sponsor: Golden Outlook, Marie Veneralle **FREE!**

**History of Aviation (94030** 1/20/CRB) **Wednesday, July 19, 2:00 - 4:00 pm.** Bob Shultz will present "24 Air Museums in Northeast Texas within a 130 mile radius of Hurst." This includes all types of aircraft, helicopters, blimps, 1st British Air Museum, World War II Women's Ferry Pilots, etc. Also, presentation will include our active involvement in these museums and trips to see them. **FREE!**

**Essential Oil Workshop (94082** 1/25/SA) **Monday, July 10, 1:00 pm** "Young Livings New Product Reveal". There are new products for children, pets, and a new make-up line. We will go over these products and teach you how they can improve the health and well being of you, your family, and even your family pet. Instructors: Patricia Maniscalco/ Jackye Pritchett. **FREE!**

**F3E: Making Sense Out of Social Security (94001** 1/16/Conf) **Tuesday, July 18, 1:00 pm** The rules of social security are different for singles, couples, widows/widowers, divorcées, and disabled dependents. Even a seemingly small decision can add many dollars to the checks you'll receive over your lifetime. Early benefits are sometimes beneficial - but they could be a huge mistake! How do you know what will work best for you? Attend our Making Sense out of Social Security class to learn:

- Strategies to maximize your Social Security benefits.
- The current state of the Social Security system...What does it mean to you?
- How continuing to work will impact your Social Security Benefit.
- How to coordinate Social Security benefits with your spouse.
- How your Social Security affects your taxes.
- How Required Minimum Distributions can really mess things up.
- How to coordinate your benefits with your other sources of retirement income.
- Social security is key in your retirement. It's a once in a lifetime decision! Make sure you know all of your options - sign up today. **FREE!**

**Share Your Vacation (95055** 2/20/Conf) **Friday, July 7, 10:00 am.** Come share at least one of your most memorable vacations with others. You might get an idea; or give an idea for a fun time this summer. Facilitated by Ralph & Carolyn Hurd. **FREE!**

# AQUATICS CLASSES

**UNSTRUCTURED WATER TIME** Use of the pool for unstructured water time is scheduled three days per week in two 55 minute increments. Space is limited to a maximum of 15 participants per day/time slot. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited.

- **Mondays, 10:00 am - 10:55 am (92065 <sup>3/15/HVR</sup>) \$5/month**
- **Mondays, 11:00 am - 11:55 am (92066 <sup>3/15/HVR</sup>) \$5/month**
- **Wednesdays, 10:00 am - 10:55 am (92067 <sup>3/15/HVR</sup>) \$5/month**
- **Wednesdays, 11:00 am - 11:55 am (92068 <sup>3/15/HVR</sup>) \$5/month**
- **Fridays, 10:00 am - 10:55 am (92069 <sup>3/15/HVR</sup>) \$5/month**
- **Fridays, 11:00 am - 11:55 am (92070 <sup>3/15/HVR</sup>) \$5/month**

***Purchase a 5 class Punch Card (92075 & 92076) for \$20. Choose your day and time. Come when it’s convenient for you. No worries about missing a class. (Card only applies to instructor led classes.) See front desk for details.***

**WATER WELLNESS** If you have sore or tight joints, lower back pain, balance issues, or general aches and pains, come try out this gently paced water wellness class to help ease your symptoms. The water allows you to extend your joints and muscles in ways you are not able to on land. Swimming skills are not required. Instructor: “Off The Deep End Aquatics”

- **Tuesdays, 10:05 am - 10:45 am (92071 <sup>3/15/HVR</sup>)**
- **Thursdays, 10:05 am - 10:45 am (92072 <sup>3/15/HVR</sup>)**

**WORK IT IN WATER** Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Swimming skills are not required. Instructor: “Off The Deep End Aquatics”

- **Tuesdays, 11:05 am - 11:45 am (92073 <sup>3/15/HVR</sup>)**
- **Thursdays, 11:05 am - 11:45 am (92074 <sup>3/15/HVR</sup>)**

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00
10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time
11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time

# FITNESS/HEALTH/WELLNESS

**Non-Contact Boxing (92057 <sup>5/12/MPS</sup>) Wednesdays, 4:00 pm – 4:45 pm** Non-Contact Boxing is a great way to improve agility, speed, endurance, accuracy, balance, hand-eye coordination, footwork and overall strength. This class is designed with Parkinson’s patients in mind, but anyone can benefit from the exercise and is welcome to participate. Classes are **\$2.50 each** payable at the beginning of each month. Instructor: Rosy Pritchett.


**Ageless Grace (92007 <sup>5/30/MPS</sup>) Thursdays, 10:30 am - 11:15 am** Ageless Grace is a program that works on all five functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are **\$2.50 each (\$10.00/4 classes)**, payable at the beginning of each month. Class fee is waived for Silver & Fit members, see front desk for details.

**Strengthen On Your Mat (92061 <sup>5/30/MPS</sup>) Fridays 10:00 am - 11:00 am.** Core strengthening class that combines pilates, basic exercise moves, and yoga. Bring a bottle of water and a mat. Classes are \$2.50 each, payable at the beginning of each month. Instructor: Rosy Pritchett **\$10.00/4 classes**

**Yoga Classes** Yoga attempts to balance mind and body via physical postures, controlled breathing, relaxation and meditation. Improve balance, flexibility, strength and more. Classes are designed for all levels. Mats are available, but you are welcome to bring your own.

- **Hatha Yoga (92035 <sup>3/25/MPS</sup>) Tuesdays, 2:30 - 3:30 pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Debbie Melchiorre/Michelle Varley **FREE!**
- **Chair Yoga** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends.  
**Tuesdays (92053 <sup>3/30/MPS</sup>) 3:45 - 4:45 pm** Instr: Debbie Melchiorre/MVarley. **FREE!**  
**Thursdays (92046 <sup>3/30/MPS</sup>) 3:45 - 4:45 pm** Instr: Rosy Pritchett. **\$10.00/4 Classes**
- **Gentle Yoga (92052 <sup>3/15/MPS</sup>) Mondays, 1:00pm - 2:00pm** Gentle yoga incorporates the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Students should be able to get up and down from the floor on their own. Instructor: Rachel Cowley. **\$4** per class, payable at the beginning of each month.
- **Relax, Renew & Restore Yoga Workshop (92060 <sup>3/8/MPS</sup>) Friday, July 7, 3:30-5:00 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Bring your mat and a bottle water. Instructor: Michelle Varley. **Class fee: \$4**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:00 Sign Ups Begin</b> 9:00 Silver & Fit Excel 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Fitness Orientation (92027) 2:15 Karaoke & Music 5:00 Fit Start I	<b>4</b> 	<b>5</b> 9:00 Silver & Fit Excel 10:00 Beginner Quilt Making <b>10:00 HSAC Crafting</b> 10:15 ZUMBA Gold 11:00 Spanish Club <b>2:00 Powder Puff Pool</b> 2:00 Aircraft & Helicopter 4:00 Non - Contact Boxing 5:00 Fit Start I	<b>6</b> 9:00 Fit Start I 10:00 Writing Group <b>10:00 Blood Pressure Check</b> 10:30 Ageless Grace 1:00 Ceramics & Wine Bottles 1:00 Multi-Media II 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts <b>6:00 Potluck Bingo</b>	<b>7</b> 10:00 Strengthen On Mat 10:00 Café Exchange <b>10:00 Share Your Vacation</b> 10:00 Art Addicts 11:00 Social Ballroom Dance <b>1:00 Movies and Munchies</b> <b>3:00 Frozen Friday</b> 3:30 Relax, Renew, Restore
9:00 Silver & Fit Excel 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting <b>1:00 Computer Club</b> 1:00 Gentle Yoga 1:00 Fitness Orientation (92028) <b>1:00 Essential Oil Workshop</b> 2:15 Karaoke & Music 5:00 Fit Start I	<b>11</b> 9:00 Fit Start I 10:00 Windows 10 <b>10:00 Texas Hold'em Tournament</b> 10:00 Quilter's Lab 10:00 Advanced Self Defense <b>10:30 Strengthen Your Mind</b> 1:00 Ceramics & Wine Bottles <b>2:00 Get Your Pics</b> 2:30 Hatha Yoga 2:30 Bead Mania I 3:45 Chair Yoga	<b>12</b> 9:00 Silver & Fit Excel 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:15 ZUMBA Gold 11:00 Spanish Club 12:30 42 Players Luncheon <b>1:00 Health Talk</b> <b>2:00 Birthday Party</b> 4:00 Non - Contact Boxing 5:00 Fit Start I 6:00 Fitness Orientation (92025)	<b>13</b> <b>8:30 Breakfast Club</b> 9:00 Fit Start I <b>9:30 Empty Bowls 2018</b> 10:00 Writing Group 10:30 Ageless Grace 12:30 Hurst Liners Practice 1:00 Multi-Media II 1:00 Ceramics & Wine Bottles 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 3:45 Chair Yoga 6:00 Art Addicts <b>7:00 Dance – Now and Then</b>	<b>14</b> 10:00 Strengthen On Mat <b>9:00 Happy Hatters</b> 10:00 Café Exchange <b>10:00 Edward Jones Presents</b> 10:00 Art Addicts 11:00 8-Ball Singles Tournament <b>11:00 Social Ballroom Dance</b> 1:00 Glass Fusion (Open) <b>2:15 Newcomers Connection</b> <b>3:00 Frozen Friday</b>
9:00 Silver & Fit Excel 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Fitness Orientation (92029) <b>2:15 Karaoke &amp; Music</b> 3:00 Book Club 5:00 Fit Start I	<b>18</b> 9:00 Fit Start I <b>10:00 Wills, Trusts &amp; Probate</b> 10:00 Quilter's Lab 10:00 Basic Self Defense 10:00 Windows 10 <b>10:30 Strengthen Your Mind</b> <b>1:00 F3E: Social Security</b> 1:00 Ceramics & Wine Bottles <b>2:30 Floral Arranging</b> 2:30 Hatha Yoga 3:45 Chair Yoga <b>5:30 Fraud, Waste, &amp; Abuse</b>	<b>19</b> 9:00 Silver & Fit Excel 10:00 Beginner Quilt Making <del>10:00 Ask a Pharmacist</del> canceled 10:15 ZUMBA Gold 11:00 Spanish Club 11:00 Partners Pool <b>11:30 HSAC Crafting</b> 2:00 History of Aviation <b>2:00 Bingo In The Afternoon</b> 4:00 Non - Contact Boxing 5:00 Fit Start I	<b>20</b> 9:00 Fit Start I 10:00 Writing Group <b>10:00 Coloring Therapy</b> 10:30 Ageless Grace 1:00 Ceramics & Wine Bottles 1:00 Beg. Line Dancing 1:00 Multi-Media II 1:45 Inter. Line Dancing 3:45 Chair Yoga <b>5:30 Spud and a Show</b> 6:00 Art Addicts	<b>21</b> <b>9:30 You Can Paint w/Oils</b> 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 Social Ballroom Dance 3:00 Frozen Friday
9:00 Silver & Fit Excel 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting <b>12:30 Jewelry Repair</b> 1:00 Gentle Yoga <b>1:00 Computer Club</b> 1:00 Fitness Orientation (92030) 2:15 Karaoke & Music 5:00 Fit Start I	<b>25</b> 9:00 Fit Start I <b>9:30 Empty Bowls 2018</b> 10:00 Quilter's Lab <b>10:00 Advanced Self Defense</b> 10:00 Windows 10 <b>10:30 Strengthen Your Mind</b> 1:00 Ceramics & Wine Bottles <b>2:00 Get Your Pics</b> 2:30 Bead Mania II 2:30 Hatha Yoga 3:45 Chair Yoga	<b>26</b> 9:00 Silver & Fit Excel 9:30 Glass Fusion Lessons 10:00 Beginner Quilt Making 10:00 HSAC Crafting 10:15 ZUMBA Gold 11:00 Spanish Club <b>11:00 Facebook</b> <b>2:00 Texas Hold'em Tournament</b> 4:00 Non - Contact Boxing 5:00 Fit Start I 6:00 Fitness Orientation (92026)	<b>27</b> 9:00 Fit Start I 10:00 Writing Group 10:30 Ageless Grace <b>11:30 What's for Lunch</b> 12:30 Hurst Liners Practice 1:00 Ceramics & Wine Bottles 1:00 Multi-Media II 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing <b>3:00 Bunco</b> 3:45 Chair Yoga 6:00 Art Addicts <b>7:00 Sock Hop - Pete 'n Patti</b>	<b>28</b> <b>10:00 Strengthen On Mat</b> 10:00 Café Exchange 10:00 Art Addicts <b>11:00 Social Ballroom Dance</b> 11:00 9- Ball Singles Tournament <b>3:00 Frozen Friday</b>  <b>Summer Fun With Grandkids</b> <b>12:30–2:30</b>
9:00 Silver & Fit Excel 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 10:15 ZUMBA Gold 12:15 Multi-Media Painting 1:00 Gentle Yoga 1:00 Fitness Orientation (92031) <b>2:15 Karaoke &amp; Music</b> 5:00 Fit Start I		<b>Blood Pressure Checks</b> <b>1st Thursday each month</b> <b>10:00 am - 11:00 am</b>		<b>See "Open Activities"</b> <b>for additional continuous</b> <b>classes and programs.</b>

## "A Quick Bite" Tuesdays at Noon Only \$5

You choose your main entrée..  
 All meals come with a cup of  
 soup, and a dessert.  
 See front desk for menu.

Place your order and pay at the  
 front desk by 10 am on Tuesday.  
 Pick up orders noon to 12:30 pm.

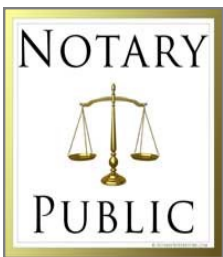
### Upcoming Entrée Menu

July 4: **CLOSED**

July 11: **Baked Potato**

July 18: **Watermelon Salad**

July 25: **Italian Meatball Casserole**



Need something notarized? The Senior Center offers free notary services. No appointment necessary, but we do recommend you call to be sure the notary

is in the office. Notary service is FREE to Senior Center members.

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